

Among Friends



OCTOBER 2017



Proudly serving the Fond du Lac Community for 50 years!
...where friends meet!



A Free Monthly Publication
Vol. 8 • No. 10

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Fond du Lac Senior Center

151 E. 1st St.
Fond du Lac, Wisconsin 54935
Phone (920)322-3630
Email..... cloomans@fdl.wi.gov
Hours M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Friends bylaws available at our Center. Visit us online at www.fdlSeniorcenter.com

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about our Center.



I had to take an unexpected trip to La Crosse early in September for the funeral of my Godfather. While the reason for the trip was somber, we talked about the beauty of the drive several times along the way. The leaves changing colors seemed to be early, but the vivid reds, oranges and yellows gave us the opportunity to appreciate all of the beauty as we drove.



Days like that make me reflect on life, and when I starting writing this month's "Corner", I googled sayings about the changing leaves and found an awesome one that captured the essence of what I was thinking and feeling.

The saying in the graphic below is attributed to John Burroughs. He was an American naturalist and nature essayist who was also active in the U.S. conservation movement back in the mid to late 1800s.

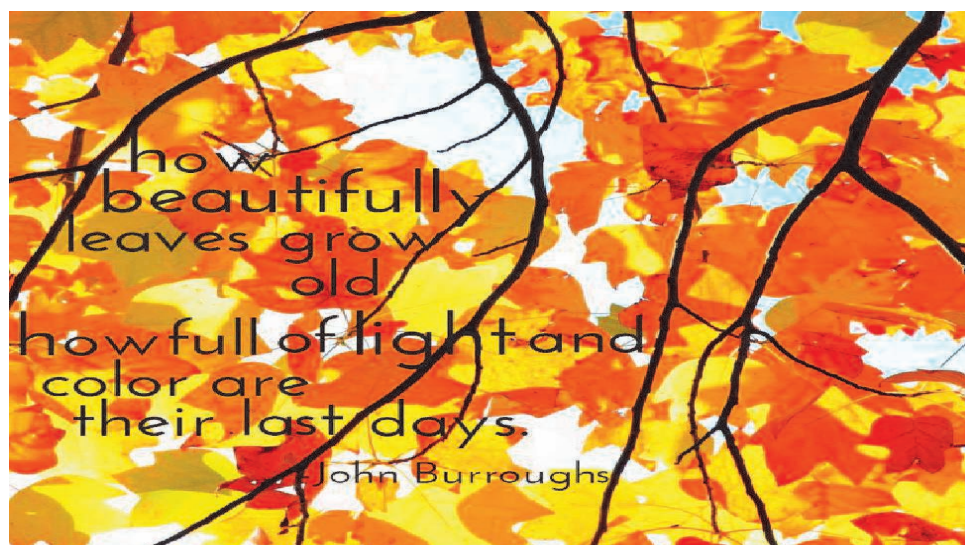
I found his words to be very relevant to life,

"How beautifully leaves grow old; how full of light and color are their last days."

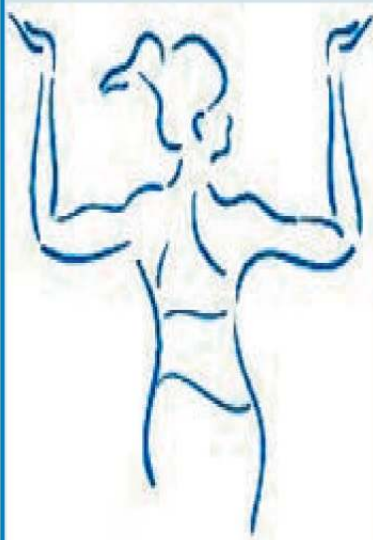
That's how life should be for us too! Our Aging Mastery Program talks about taking advantage of the "gift of longevity". I believe that this longevity is much like the transition of the leaves. It gives us a time to show our light and color and to become a more beautiful version of ourself.

I hope that each of you have an opportunity to appreciate the colors of the changing leaves. It's a beautiful time of year!

Cathy



STRONG BODIES



We are SO excited to announce that we will be offering the popular **Strong Bodies** program at the Center. (Formerly known as Strong Women but men need strong bodies too!)

2 Different Sessions Available:
Monday and Wednesday
7:00-8:00 AM
OR
Tuesday and Thursday
5:00-6:00 PM

\$45.00 for 10 weeks

This session will run Oct. 16 - Dec 20th

Please stop in the Center to register. There are some forms that need to be filled out prior to participation.

Newsletter Crew

Editor.....Cathy Loomans
Mail Crew20+ awesome volunteers!

Newsletter Deadline

Information must be submitted at least six weeks prior to the event in order to be included in the newsletter. Please submit information to Christina Thor, cth@fdl.wi.gov.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.

Cathy Loomans, Senior Center Director, is the guest of Spencer Wagen on his *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.
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Programs & Activities

Mah Jongg Anyone?

New players always welcome!

Tuesdays 12:00

Thursdays 12:00

Bingo

Tuesday's at 1:00 p.m.



Memory Writers Group

Fridays at 1:00 p.m.



The Memories Writers meet to share and preserve life experiences and family history. New members welcome!



Bagels with Ben
Tuesday, October 10
9 -10:00 a.m.

Ben Baertschy, Financial Advisor with Edward Jones Investments will be available to answer questions and give a market update.



Calling All Card Players!

**Check out our monthly calendar
and Come and try your hand at
one of your favorite games:**

- ♦ Bridge
- ♦ Canasta
- ♦ Cribbage
- ♦ Euchre
- ♦ Hand and Foot
- ♦ Recreational Sheephead
- ♦ Recreational Euchre
- ♦ Sheephead
- ♦ Skat

Stitchery Group

Bring your project and join us!

Tuesdays 1:00



SCRAPBOOKING

Weekly Scrapbook Group

Thursdays at 10:00 a.m.



Art Classes

Session 1: Tuesdays, Oct. 3, 10, 17, 24, 31

Session 2: Tuesdays, Nov. 7, 14, 21, 28

Classes offered:

Acrylic & Oil Painting:

Tuesdays, 10am—noon

Drawing/Watercolor:

Tuesdays, 1pm-3pm

\$16 for a
4-class
punch card!

(Mixed Media is now
being incorporated into the 10am and 1pm
classes)

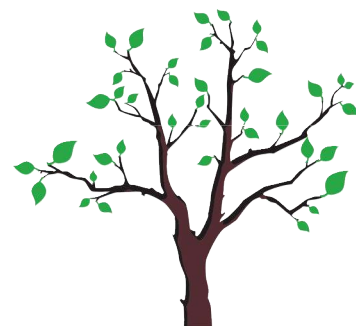
Please sign up at the Front Desk!



Genealogy Group

Will be meeting on the 4th Wednesday of
each month. Come and find your roots!

October 25
1:00



Woodcarving Club

Monday 9:00 a.m.

**New members always
welcome!**



Sewing Class

Wednesdays

3:30—6:30 PM

\$15.00

October 4, 11, 18, November 1
and 8 (No class on October 25)

Please pay and sign up at the Front
Desk!



Parkinson Dance/ Movement Class

at the FDL Senior Center

Tuesday October 3; 3:30- 4:30

Tuesday October 24; 3:30- 4:30

Tuesday November 14; 3:30- 4:30

Learn more and sign up at wiparkinson.org or
414-312-6990 or call Lori Anderson at Fond du
Lac County's Department of Senior Services
at (920) 906-4792 with any questions.



WISCONSIN
PARKINSON
ASSOCIATION



Tech Tyme

Thursdays 1:00-3:00

Bring your tablet, smart phone, ipad or other electronic
device and meet with the MPTC IT Club members for one-

Programs & Activities

BOOK CLUB

Monday, October 16 at 9:30 a.m.

Copies available at the Senior Center

BOOK OF THE MONTH: A Week In Winter

By: Maeve Binchy



Stoneybridge is a small town on the west coast of Ireland where all the families know each other. When Chicky Starr decides to take an old, decaying mansion set high on the cliffs overlooking the windswept Atlantic Ocean and turn it into a restful place for a holiday by the sea, everyone thinks she is crazy. Helped by Rigger (a bad boy turned good

who is handy around the house) and Orla, her niece (a whiz at business), Stone House is finally ready to welcome its first guests to the big warm kitchen, log fires, and understated elegant bedrooms. Laugh and cry with this unlikely group as they share their secrets and—maybe—even see some of their dreams come true. Full of Maeve's trademark warmth and humor, once again, she embraces us with her grand storytelling.

UMBRELLA BRIGADE

Please come see the Umbrella Brigade's upcoming performance:



Wednesday, October 25
AM - Diverse Options, Ripon
PM - Fountain View Ripon



We're looking to start a Pinochle Group!

Pinochle is a trick-taking card game typically for two to four players.

If you are interested in learning more, please join us for an informational meeting

Tuesday, October 10th
1:00



Red Hat Honeys

**The FDL Senior Center Chapter
of the Red Hat Society**

Halloween Pumpkin Decorating

Bring your own
pumpkin to
decorate.
All supplies will be
provided.



Friday, October 20, 2017 at 1:00 pm.
Fond du Lac Senior Center

Cost: \$2.00
Registration Deadline : Wednesday,
October 12
Limit: 20

Melodies and Memories Choir

Thursday, October 12
3:30– 4:30 p.m.
2nd Thursday of each month

Do you like to sing just for fun? Our Melodies and Memories Choir was created specifically for people who enjoy singing in a relaxed fun environment. We also welcome singers with the early stages of dementia along with their care partners.

There is no admission fee—just drop in!



Handchime Choir

We practice Wednesday or Thursday mornings. If you are interested in joining our hand chime choir, please contact Gail

Zimmerman at
(920)924-0218



Scamp Band

Wednesday Mornings
at 8:30 a.m.



Come for the music, stay for the fun!

Red Hat Chorus

The Center is alive with the sound of music from the Red Hat Chorus every Friday at 10:00 a.m.

Come check them out!



Jam Session

2nd and 4th Wednesdays at 10:00 a.m.



Get out your instruments and come “**Jam Out**” with us! **Any instrument welcome!**

Group Singing Class

Voice Lessons in a group setting
Tuesdays from 10:00–11:00 a.m.
Another session begins October 24



Next session begins: October 24 - November 28
Cost is \$25.00 for six classes. Please sign up and pay at the Front Desk!

Monthly Movies

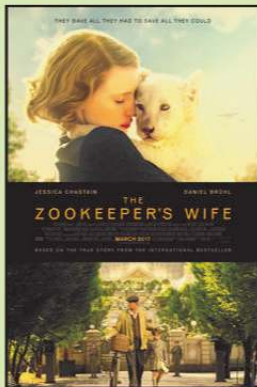
Thursday, October 5: THE ZOOKEEPER'S WIFE

11:45 a.m. Lunch (optional);

1:00 p.m. Movie

2017; 2 hrs 7 mins; PG-13; Biography/Drama/History; Starring: Jessica Chastain, Johan Heldenbergh, Daniel Brühl

Summary: The time is 1939 and the place is Poland, homeland of Antonina Zabinski and her husband, Dr. Jan Zabinski. The Warsaw Zoo flourishes under Jan's stewardship and Antonina's care. When their country is invaded by the Nazis, Jan and Antonina are forced to report to the Reich's newly appointed chief zoologist, Lutz Heck. The Zabinskis covertly begin working with the Resistance and put into action plans to save the lives of hundreds from what has become the Warsaw Ghetto.



Wednesday, October 18: Table 19

11:45 a.m. Lunch (optional);

1:00 p.m. Movie

2017; 21hr 27 mins; PG-13; Comedy/Drama Starring: Anna Kendrick, Lisa Kudrow, Craig Robinson,

Summary: Ex-maid of honor Eloise - having been relieved of her duties after being uncereemoniously dumped by the best man via text - decides to hold her head high and attend her oldest friend's wedding anyway. She finds herself seated at the random table in the back of the ballroom with a disparate group of strangers, most of whom should have known to just send regrets.



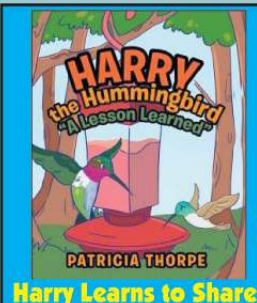
Mark your calendar for October movies:

Thursday, Nov. 2 at 1:00 PM: Megan Leavey

Wednesday, Nov. 15 at 1:00 PM: The Hero

If you're interested in watching a movie, please call to register at (920) 322-3630. If you're interested in joining us for lunch, please read about the Senior Dining Program on page 9 for more details!

Thanks to Moraine Park Technical College for sponsoring movies at our Center!



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2017
Fond du Lac County
Senior Dining
Come join us for lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday** at **11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Please register for lunch by calling 929-3937 at least one day in advance before 1p.m.

Complete menus are available at the front desk or our website: fdlseniorcenter.com under the "Services" tab.

- Monday, October 2: Roast Pork Loin
- Tuesday, October 3: Meatloaf
- Wednesday, October 4: Chicken Broccoli Rice Casserole
- Thursday, October 5: Honey Mustard Meatballs
- Friday, October 6: Ham Rolls
- Monday, October 9: Roast Turkey
- Tuesday, October 10: Pepper Steak
- Wednesday, October 11: Chili Casserole
- Thursday, October 12: Chicken Breast
- Friday, October 13: Smoked Sausage
- Monday, October 16: Lasagna Casserole
- Tuesday, October 17: Roast Beef
- Wednesday, October 18: Baked Chicken
- Thursday, October 19: BBQ Meatballs
- Friday, October 20: Salmon Loaf
- Monday, October 23: Pork Steak
- Tuesday, October 24: Beef Stroganoff
- Wednesday, October 25: Orange Chicken
- Thursday, October 26: Swiss Steak
- Friday, October 27: Hawaiian Meatballs
- Monday, October 30: Escalloped Potatoes
- Tuesday, October 31: Baked Chicken

Come dine with friends!

2017 DINE OUT COUPON BOOKS

Save money while eating at your favorite local restaurants! Our Dine Out Coupon Books have over 55 coupons from 45 different restaurants! Purchase a coupon book in the Brown Paper Packages Gift Shop today!

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for noon lunch. You don't have to be retired (or old) to join in on the camaraderie & fun!

Thursday,
October 5th
12:00 Noon
Boda's



Call our Center at (920) 322-3630 to register!
The ROMEOS are looking for help picking restaurants for their monthly meetings. Call Sarah at (920) 322-3641 if you're interested!

SUPPER CLUB

If you like to laugh and enjoy dining with friends, old and new, join the Supper Club each month! You MUST call our Center at (920) 322-3630 to make your reservation so we can let the restaurant know how many people to expect.



Ginos

584 W Johnson St.

Saturday, October 21

Social: 5:00 p.m. ; Dinner: 5:30 p.m.

Tuesday Night Dining Group

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:00 p.m.

October 3 Bublitz's Restaurant

580 East Avenue Lomira

October 10 Gino's

584 W. Johnson St. Fond du Lac

October 17 Blanck's Supper Club

W2655 County Road Q, Johnsburg

October 24 Fat Joe's Bar and Grill

15 W Division St. Fond du Lac

October 31 Sebastian's

770 S. Main St. Fond du Lac

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

For information, please call Max at (920) 269-4180

Health Services

BLOOD PRESSURE TESTING

Sponsored by Agnesian
**Friday, October 13;
9:00 a.m.**

No appointment needed.
Donations accepted.



BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, October 13; 9:00 a.m.

No appointment needed. *12-hour fast required.*
Donations accepted.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, October 13 FREE hearing screenings and FREE hearing aid cleaning. Please call 322-3630 for an appointment. Donations accepted.

LIPID PANEL SCREENINGS

Call the Center at (920) 322-3630 today to sign up now for the clinic on **Tuesday, November 14.**

Price for Tests:

\$25 – HSP2 (LIPID + LU)

\$45 – VITAMIN D (25VD)

Chair Tai Chi Concepts

Come and check out the Chair Tai Chi Concepts class—a perfect class whether you want to practice Tai Chi from a standing or sitting position.



**Drop in for this FREE class on Fridays
9:00-9:45 am**

Hiking Group

This group meets on **Tuesdays & Thursdays at 10 a.m.**

*Please call Ruth at
921-7192 for more information.*



Tai Chi Class



Tuesdays 9 to 10 a.m.

Next session: Starting in November
8 classes for \$45

Please register and pay at the front desk.

Strong Bodies

(Formerly known as Strong Women)

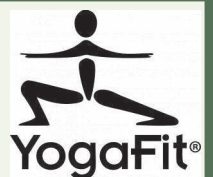
**Monday and Wednesday
7:00-8:00 AM OR
Tuesday and Thursday
5:00-6:00 PM**



\$45.00 for 10 weeks
*This session will run
October 16 - December 20th*

Yoga Fit

**Saturdays Starting October 7th
9:00-10:00am**



\$5 walk in or a 10 class punch card for \$40.00 is available from Instructor Kirsten Quam



ZUMBA GOLD

Mondays 5:30 - 6:30 p.m.

\$5 walk in or a 10 class punch cards
\$40.00 available from Instructor Kirsten Quam

CHAIR EXERCISE CLASSES

Men and women welcome!

LOW IMPACT CHAIR EXERCISES

with *Sarah Docter*

Mondays 9:00 - 9:30 a.m.



CHAIR EXERCISE VIDEO

Wednesdays

10:00 - 10:30 a.m.

Free admission, stop in!



Beginning Country Line Dancing

Saturdays 10 to 11:30 a.m.

Session 1: October 7, 14, 21

Session 2: November 2, 9, 16, 30

Country Line Dancing

Thursdays 6 to 7:30pm

Session 1: October 5, 12, 19, 26

Session 2: November 2, 9, 16, 30

4 classes for only \$10.00

Punch cards available at the front desk.



Self Defense Class on Fridays from 10:30-11:30am

with *Laurence Lewis*
(also teaching the Balance & Body Movement Class)

No registration required
Free admission, just drop in!!

Balance & Body Movement Class



Fridays from 10 - 10:30 a.m.

Laurence Lewis leads this ongoing weekly class which helps participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels. **NO REGISTRATION REQUIRED FREE ADMISSION, JUST DROP IN!!**

CARDIO DRUMMING

Tuesdays at 3:15 p.m.

First Class is free!!!

8 classes for only \$24!!

Punch cards are sold at the front desk.



Senior Outreach Program



Senior Outreach Program

Outreach volunteers will meet on **Thursday, October 7th at 9:00 a.m.** at our Center for the monthly Outreach meeting.

Note: This is for Outreach Program Volunteers Only

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center, Inc.
Fond du Lac County Department of
Community Programs
Fond du Lac Area United Way
Fond du Lac Area Foundation



COMMUNITY CARES

The next Community Cares visit will be on **Tuesday, October 24 from 2:00 to 3:00 p.m.**

Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. Sharing an hour of your time can have a big impact!

We will be having a special Group Community Cares visit at All About Live on **Wednesday, October 11th at 1:30.** If you would like to participate or have questions, call 322-3641.

The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.

—Helen Keller



Alone we can do so little; together we can do so much

Join one of our outreach programs to help decrease isolation in our community and make someone's day brighter! Here is a list of our Senior Outreach Programs:

Community Cares: Visit a local nursing home or assisted living facility once a month for an hour. You will go with other volunteers from our Center and visit one-on-one with residents who get few visitors. Visits are once a month or every other month.

Caring Companions: A supportive program providing companionship to seniors in the community. Volunteers are paired with a "friend" and asked to visit them for at least once a week. Volunteers need to be 50 or older, good listeners and respect confidentiality. The Senior Outreach Coordinator will match you with a client and provide training and support.

Caring Companion Community Partnerships: A supportive program providing companionship to seniors in local senior living communities. Volunteers are paired with a local nursing home or assisted living facility and asked to visit the individuals who reside there for at least once a week. Volunteers need to be 50 or older, good listeners and respect confidentiality. The Senior Center Outreach Coordinator will match you with a facility and provide training and support.

Friendly Phone Calls: A program for seniors who have limited contact with family and friends. Monday through Friday a call is placed to check in and say "Hello." Calls can be made from the comfort of your own home.

Senior Center Friendly Visits: A program that supports you in visiting seniors. You set the times. The Senior Center will provide the training and support to make it enjoyable.



Chair Tai Chi Concepts

Fridays
9:00-9:45a.m.

Perfect for people who use walkers, wheel chairs, or who want to experience tai chi concepts from a seated or standing position.

Drop in any Friday to join us!

Fond du Lac
Karen



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October

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 1:00 Euchre 1:00 Recreational Euchre 1:00 German Club 1:00 Poker 1:15 Sheephead 1:30 AMP-Advance Planning 5:30 Zumba Gold	3 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 AARP Board Meeting 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing 12:00 Mahjong 12:30 Bridge 1:00 Bingo-Sponsor: FDL Lutheran Hm 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:15 Cardio Drumming 6:00 Winnebago Woodworkers at NFDL HS 6:00 Senior Dining: Bublitz Social at 5:30	4 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 10:00 Jam Session Practice 10:00 Video Chair Exercise 12:00 Hand & Foot 12:00 Canasta 1:00 Recreational Sheephead 1:15 Sheephead 3:30 Sewing Lab 7:30 Wed Night Dance	5 9:00 Skat 9:00 Senior Outreach 9:00 Hand Chimes 9:00 & 10:30 Yoga 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 ROMEO's - Boda's 12:00 Mahjong 12:30 Bridge 1:00 Cribbage 1:00 Tech Tyme 1:00 Flying Geese Quilters 1:00 Movie - "The Zoo Keeper's Wife" 3:30 HT New York Document Party 6:00 Local Parents of Angels 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Crafters Club	6 8:30 Flu Clinic 9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class 1:00 Wii Bowling 1:00 Memories Writers Group 1:15 Sheephead 1:30 Game Day 7 Saturday 9:00 Yoga Fit 10:00 Beg. Country Line Dance 8 Sunday
9 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 1:00 Euchre 1:00 Recreational Euchre 1:00 German Club 1:00 Poker 1:15 Sheephead 1:30 AMP-Medication Mngmnt 5:30 Zumba Gold	10 8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing 12:00 Mahjong 12:30 Bridge 1:00 Bingo-Sponsor: Harbor Haven 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 1:00 Pinochle Informational Meeting 3:15 Cardio Drumming 6:00 Winnebago Woodworkers 6:00 Coin Club 6:00 Senior Dining-Gino's Social 5:30	11 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 10:00 Jam Session 10:00 Video Chair Exercise 12:00 Hand & Foot 1:00 Recreational Sheephead 1:15 Sheephead 1:30 Group Community Cares - All About Life 3:30 Sewing Lab 7:30 Wed Night Dance	12 8:00 Skat 9:00 Foot Care 9:00 Hand Chimes 9:00 & 10:30 Yoga 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 Mahjong 12:30 Bridge 1:00 Cribbage 1:00 Tech Tyme 1:00 HT Australia Document Party 1:00 Melodies and Memories Choir 3:30 TOPS #0566 5:45 Country Line Dancing 7:00 Sunset Stitches	13 Health Screenings - By FDL Lutheran Hm & Agnesian 9:00 Hearing Screening & Hearing Aid Cleaning by Aveda 9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class 1:00 Wii Bowling 1:00 Memories Writers Group 1:15 Sheephead 1:30 Game Day 14 Saturday 9:00 Yoga Fit 10:00 Beg. Country Line Dance 15 Sunday
16 7:00 Strong Bodies 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club	17 8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 Hiking	18 7:00 Strong Bodies 8:30 Pool League 9 Ball 8:30 SCAMP	19 8:00 Skat 9:00 Hand Chimes 9:00 & 10:30 Yoga	20 9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus

LET'S DO LUNCH!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday at 11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. **Menus are available at the front desk or our website: fdlseniorcenter.com**



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www.insurancedonerite.net

Network Health Medicare Advantage plans include MSA and PPO plans with a Medicare contract. Enrollment in Network Health Medicare Advantage Plans depends on contract renewal. Calling the number listed above will direct you to a licensed insurance agent/broker. If you have questions, please call Network Health customer service at 800-378-5234 (TTY users call 800-947-3529) Monday through Friday 8 a.m. - 8 p.m. Y0108_1035_031317 Accepted 032817

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Licensed Sales Agent
920-321-8835, TTY 711

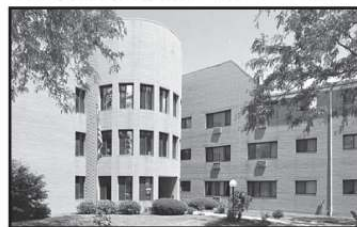
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For ad info. call 1-800-950-9952 • www.4lpi.com

Friends of Fond du Lac Sr. Center, Fond du Lac, WI.

D 4C 01-1122

ZIP THROUGH YOUR MEDICINE CABINET AND ZIP DOWN TO THE SENIOR CENTER

**WEDNESDAY, OCTOBER 18, 2017
10:30AM - 12:45 PM**



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DRIVE THROUGH SERVICE AVAILABLE

CITY OF FOND DU LAC SENIOR CENTER
151 E 1st STREET

FOR MORE INFORMATION:

Visit: drugfreefdl.com or call (920) 906-6700 ext. 4704



**MORaine PARK
TECHNICAL COLLEGE**

The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or call (920) 922-8611 or 1-800-472-4554.

IS AN IPAD OR TABLET FOR YOU?

103-606	R	November 30, 2017	1 day	09:00am-11:55am	3 hours	A. Mielke	\$20.70	\$27.00
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With so many tablets to choose from, iPad, Kindle Fire and the many other versions of Android devices, it can be difficult to know which one will meet your needs. In this class, we will compare the features of the various brands and determine if a tablet is right for you - and if so, which one.

Happy Travelers

Be a Happy Traveler... We're going places!



Happy Travelers' Office 322-3635/322-3633
happytravelers@fdl.wi.gov

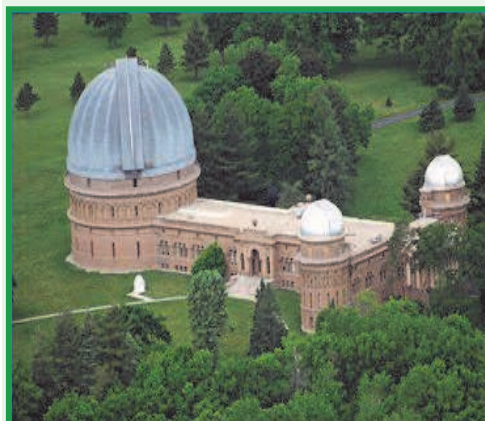
Hours: Monday—Thursday 9:00 a.m. to 3:00 p.m.

Annual Friends of the Fond du Lac Senior Center membership is required to travel with the Happy Travelers. Membership fees are \$10 for a single and \$15 for a married couple.

Reminders:

- Sign up for trips as soon as possible to prevent cancellation. Most of our vendors require deposits months before actual date of trip.

UPCOMING TRIPS—CALL SOON TO SAVE YOUR SPOT!!!



**Yerkes
Conservatory
and Black
Point Estate**

October 17,
2017
9am-5:30pm

\$90 IN



**Lambeau
Field
Stadium
Tour**

November 16,
2017
9am-5pm

\$65 DT



**Menominee Casino
and Red Robin**

November 27, 2017
9am-6:30pm

\$44 DT



**Miracle on 34th
Street
The Fireside Theater**

Thursday, December 7th
8:15am-6:00pm

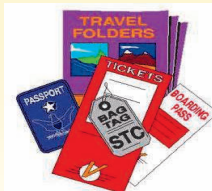
\$105 IN



**Danny O'
Donnell
Crystal Grand
Wisconsin Dells
Saturday, March 3,
2018
3:00 Show
\$112 DT**



Document Parties



New York Trip - October 5th - 3:30pm
Australia Trip —October 12th - 1:00pm

Come and pick up your travel documents and meet your fellow travelers!

IN Meal is included

DBL price for a double

DT Dutch Treat

SGL price for a single

means this trip is an **Exclusive HT Trip!**



Be a Happy Traveler... *We're going places!*



**Where in the
World?**

2018 Trip Preview October 27, 2017 1:30

Join us to hear what we have in
store for 2018!

Call (920) 322-3630 to register.

Is it too early to plan for 2020?

Not when it's a once in a lifetime experience!

Travel with us in August, 2020, as we discover
Switzerland, Austria & Bavaria and see the
Oberammergau Passion Play, the *once-in-a-*
decade event that honors the last days of the life of
Christ.

Call for more information - (920) 322-3635 or 3633



2018 Extended Trips:

Panama

February 1- 9, 2018

\$3049 Dbl, \$3749 Sgl

Mansions, Magnolias and the Blues of Historic Natchez

April 8-15, 2018

\$1669 Dbl

The Ark Encounter

July 16-20, 2018

Stop in for Pricing

2018 Alaska Discovery Land & Cruise

August 14-26, 2018

Stop in for Pricing

Great Parks of the Southwest Featuring the Grand Canyon

September 9-19, 2018

\$2780 Dbl

2018 Iceland: Land of Fire & Ice

October 13-19, 2018

\$3899 Dbl \$4249 Sgl

And MORE!!

Come to the 2018 Trip Preview to see the
full Happy Traveler's 2018 Trip Schedule.

We're Going Places!

Announcements

get your
Flu



Shot

DATE: October 6th

TIME: 8:30-10:30

PLACE: Fond du Lac Senior Center

Fond du Lac County Health Department is offering influenza vaccine for **\$30.00 per dose and high dose vaccine (age 65 & up) \$75.00 per dose.** (Please note change in price for high dose.)

Medicare Part B, Medicare Advantage Plan and Medicaid will be accepted if an accurate number is provided. Receipts for cash will be issued upon request and may be submitted to other insurances for possible reimbursement. If you have any questions, or are interested in having an on-site influenza clinic, call the Health Department at 929-3085.



Scrip Gift Cards Available!

Let the Brown Paper Packages Gift Shop help you with your gifting and shopping! When you buy gift cards here, our Center earns 2.5% - 15% on each card purchased!

\$25 Gift Cards from Backyard Grill, Festival, Fleet Farm Kohl's, Kwik Trip, Menards, Piggly Wiggly, Roundy's Shopko, Walgreen's & Walmart

\$10 Gift Cards from Ala Roma/Schmitt's, Buffalo Wild Wings, Culver's, Dunkin' Donuts, Faro's Friar Tucks, Gilles', McDonald's, Noodles & Co., Panera Bread, Pizza Hut, Schreiner's, Subway & Target

\$5 Gift Cards from A&W, Culver's Dairy Queen & Starbuck's

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12/31/17

Pizza Ranch

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Valid at Fond du Lac location only. Some restrictions apply. Prices subject to change without notice. Not valid with any other offer.

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EXPIRES:
12/31/17

Pizza Ranch

CODE:
9220

8 pc. Drumsticks & Thighs

\$9.99

- CARRY OUT ONLY -

Valid at Fond du Lac location only. Some restrictions apply. All white meat is an additional charge. Prices subject to change without notice. Not valid with any other offer or online ordering.

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Come Check out what we have for Fall!

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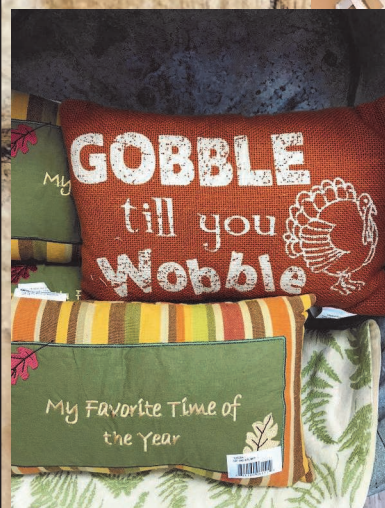
We are located inside the Fond du Lac Senior Center & open to the public!

Hours

Monday through Friday
10 a.m. to 4 p.m.

Connect with Us

Facebook.com/BrownPaperPackages



When you shop at the Brown Paper Packages Gift Shop, you help support the programs and activities at the Fond du Lac Senior Center!



<https://www.facebook.com/BrownPaperPackagesGiftShopFondduLac>



Announcements



Saturday, October 7th
Moraine Park Technical College
Registration at 8:30am
Ceremony at 9:40am
Walk at 10:00am

"Getting Ahead" Initiative - Decreasing Poverty Through Systemic Change

Thursday Oct. 26th

1:00

FDL Senior Center



Join Jack Braun, Getting Ahead Initiative Program Manager, at this facilitated presentation and discussion designed to help our community better understand and address poverty. This program features a panel of speakers involved in the 18 week "Getting Ahead" program.



November Wellness Morning

Friday, November 17

8:30 - 10:30 am

Turkey Races - win a frozen turkey!

Wisconsin Regional Arts Program (WRAP) Workshop

Saturday, November 4

9am to 3 pm

Refreshments provided.

Memory Café

alz.org® | alzheimer's association®

TAI CHI IN CHAIRS and STEPPING ON DEMO

October 10, 2017 ~ Annie's Fountain City Café

1:00 – 2:30

OLD TIME RADIO

October 26, 2017 ~ Fond du Lac Public Library

1:00 – 2:30

Dinner's on us.

UnitedHealthcare Community Plan is handing out reusable tote bags filled with healthy groceries.

October 11th 3:00 - 5:30

Fond du Lac YMCA

90 W 2nd Street

* One bag per household

Support Groups

ALZHEIMER'S SUPPORT GROUP

Thursday, October 26 6:30-7:30 p.m. (4th Thursday)
Fond du Lac Senior Center, 151 E. First Street Room 4

DIABETIC SUPPORT GROUP

Tuesday, Oct. 17; 4:00—5:00 p.m. (3rd Tuesday)
Aurora Health Care Center
210 Wisconsin American Drive ~ American Room

LOCAL PARENTS OF ANGELS*

Thursday Oct 5 & 19, 6:00-8:00 p.m. (1st & 3rd Thursdays)

Fond du Lac Senior Center, 151 E. First Street Room 1

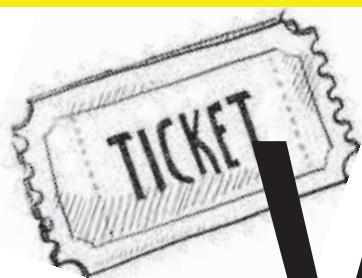
*The Local Parents of Angels is a support group for parents who have lost a child—it can be a recent or a long-term loss. Everyone is welcome!

PARKINSON'S SUPPORT GROUP

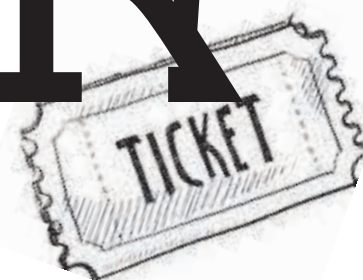
Monday, Oct. 9, 10:00—11:00 a.m. (2nd Monday)
Aurora Health Care Center
210 Wisconsin American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, Oct. 10 8:30 a.m. (2nd Tuesday)
Rolling Meadows Family Restaurant
947 S. Rolling Meadows Drive



WINNER



Congratulations to the following raffle winners
And a HUGE "THANK YOU" to everyone who purchased tickets
and to all of the prize donors!

Lynn Sears
Elaine Sandbeck
Darlene Lyness
Bob Freidel
Judy Barrett
Gene Colward
Bonnie Krupp
Karla Gratton
Betty Schmit
Joyce & Gary Kellett
Orville Heller
Marianne Cooke
Sandra Sandberg
Jack Francis
Sr. Angie Behen
Sr. Donna Gottschalk
Joan Blatz
Charles Chapin
Barb Haessy
Robert Hanke
Nancy Lahti
Elsie Ruppert
Suzanne Rausch
Robert Hilt
Joan Wendt
Gary Neubauer
Elizabeth Keefe
Sr. Angie Behen
Lynette Krohn

JoAnn Ruch
Janet Jaeger
Mildred Burckle
Florence Wagner
Kevie Dickie
Ken & Sandy Stenz
Sr. Patricia Scanlan
Karen Schoepke
Richard Ewald
Sandy Hanson
Rebecca Krug
Rose Ramtham
Kathleen Pickart
Ed Haase
Lucille Wuest
Sandy Weninger
Mike Bird
St. Patricia Scanlan
Barb Baus
David Verges
Patti Ziesmer
Thomas Herre
Mary Sippel
Robert Hanke
Margie Seibel
Kathleen Dille
Michael Talma
William Sperbeck
Florence Wagner

Bill Henken
Patricia Thorpe
Karen Mengel
Sue Kastorff
Jim Driscoll
Earl Ritter
Roger Bethke
Nima Ingle
James Costello
Helen Schaumberg
Nancy Trepanier
Sr. Donna Gottschalk
Ben & Jean Koenen
Sr. Rose Walters
Cathie Aschenbrenner
R & S Grade
Suzanne Rausch
Wayne Strehlow
Robert Hanke
Diane Kurzer
Jeanette Duquaine
Sr. Helen Renzelmann
Chris Tatro
Jan Hulderson
Betty Haensgen
Myron Bartelt
Bev Batura
Jill Kaphengst
Dorthy Patchett

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

GROUPS

BOOK CLUB

Monday, August 21 at 9:30 a.m.

CHAR-TASTIC CRAFTERS

1st & 3rd Thursday from 6–8 p.m.

COIN CLUB

2nd Tuesday at 6:00 p.m.

DANCES

\$4.00 donation

Wednesday 7:30–9:30 p.m. Call Caroline at 920-929-9333 for info.

GAME DAY

Fridays at 1:30 p.m.

GENEALOGY

Wednesdays at 1:00 p.m.

GERMAN CLUB

Mondays at 1:00 p.m.

HANDCHIME CHOIR

Wednesdays/Thursdays at 9:00 a.m.

JAM SESSION

2nd & 4th Wednesdays at 10:00 a.m.

MELODIES & MEMORIES CHOIR

2nd Thursday at 3:30 p.m.

POOL LEAGUES

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m. Call Nancy at 920-923-4494 for info.

Sunset Stitches Quilt Guild

2nd Thursday at 7:00 p.m. Call Laura at 920-923-1693 for info.

RED HAT HONEYS

Activities include Chorus, Good Deed Gals, Umbrella Brigade & more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is also available at the Front Desk!

RED HAT HONEYS CHOIR

Fridays at 10:00 a.m.

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

STITCHERY

Tuesdays at 1 p.m.

STAMP CLUB

3rd Wednesday at 7:00 p.m.
(except March, July and December)

TECH TYME

Thursdays at 1 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #0566

Thursdays at 5:45 p.m.

WINNEBAGO

WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.
General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.
Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meet to share and preserve life experiences and family history. New members welcome!

HEALTH & FITNESS

BALANCE & BODY MOVEMENT

Fridays at 10:00 a.m.

BIKE RIDE

3rd Wednesday at 10:30 a.m.

CARDIO DRUMMING

Tuesdays at 3:15 p.m.

CHAIR TAI CHI CONCEPTS

Fridays 9:00

HIKING/WALKING CLUB

Tuesdays and Thursdays at 10:00 a.m.

LADIES GOLF LEAGUE

Mondays and Wednesdays at 9:30 a.m. from May–August

LOW IMPACT CHAIR EXERCISE

Mondays at 9:00 a.m.

SELF DEFENSE

Fridays at 10:30 a.m.

STRONG BODIES

Monday and Wednesday 7:00 a.m.

TAI CHI

Tuesdays at 9:00 a.m.

VIDEO CHAIR EXERCISE

Wednesdays at 10:00 a.m.

YOGA FIT

Saturdays at 9:00 a.m.

YOGA WITH JEANNE

Thursdays at 10:45 a.m. Classes fill fast—stop in to check availability.

ZUMBA GOLD

Mondays at 5:30 p.m.

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

MEETINGS

AARP MEETING

3RD Thursday at 1:30

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

4TH Thursday at 6:30 p.m.

PARKINSON'S SUPPORT GROUP

2ND Monday at 10:00 a.m.
Meets at Aurora Health Care Center

PROSTATE CANCER SUPPORT GROUP

2ND Tuesday at 8:30 a.m.
Meets at the Rolling Meadows Family Restaurant

DIABETIC SUPPORT GROUP

3RD Tuesday at 4:00 p.m.
Meets at Aurora Health Care Center

RECREATION

CARD GAMES

BRIDGE \$1 donation

Tuesdays: 12:30 p.m.

For information or to play, call Johanna O'Brien at 251-3759.

Thursdays: 10:00 Beginners
(subs needed)

Thursdays: 12:30 p.m. Advanced
For information or to play, call Judy Rupp at 920-477-3021.

CANASTA

1st, 3rd & 5th Wednesdays
at 12:00 p.m.

CRIBBAGE

Thursdays at 1:00 p.m.

RECREATIONAL EUCHRE

Mondays at 1:00 p.m.

REGULAR EUCHRE

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

POKER

Mondays at 1:00 p.m.

SHEEPSHEAD

Mondays at 1:15 p.m.

Jack of Diamonds \$1.50

Wednesdays & Fridays at 1:15 p.m.

Black Queens \$1.50

RECREATIONAL SHEEPSHEAD

Wednesdays at 1 p.m.

SKAT

Thursdays at 8:00-11:30 a.m.

OTHER ACTIVITIES

BINGO 50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: Fond du Lac Lutheran Home

2nd Tuesday (odd months): Manor Care

2nd Tuesday (even months): Harbor Haven

3rd Tuesday (odd months): Almost Family

3rd Tuesday (even months): The Meadows

4th Tuesday (odd months): Rehab Arisces

4th Tuesday (even months): Lincoln House

5th Tuesday: Visiting Angels

MAHJONG

Tuesdays at 1:00 p.m.

Thursdays at 12:30 p.m.

POOL

Open Pool daily

POOL LEAGUES

8 Ball Tuesdays 8:30am

9 Ball Wednesdays 8:30am

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play

(September–April)

Subs also needed for league play



ART & DANCE

ACRYLIC & OIL PAINTING CLASS

Tuesdays at 10:00 a.m.

BEGINNING COUNTRY LINE DANCING

Saturdays at 10:00 a.m.

DRAWING & WATERCOLOR CLASS

Tuesdays at 1:00 p.m.

COUNTRY LINE DANCING

Thursdays at 6:00 p.m.

SPECIAL EVENTS

MOVIES

1ST Thursday and 3RD Wednesday at 1:00 p.m.

(Dates could vary)

SALT/TRIAD

(Seniors and Law Enforcements Together)

4TH Thursday at 1:00 p.m. *odd months*

ROMEO'S

(Retired Old Men Eating Out)

1ST Thursday at Noon – Restaurant Varies

SUPPER CLUB

Dates vary, please check the "Dining" section in the Newsletter for more details – Restaurant Varies

Cover Photos:

First and last photos are Brown Paper Packages merchandise, Summer Bash with Elvis, Life Enforcement TCO Day, Chair Tai Chi Concepts



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Each Visiting Angels agency is independently owned and operated.

2017 Friends Membership Application

27

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 2017 calendar year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2017 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. You will receive a 2017 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 2017 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues can be paid at the same time as the Friends membership. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2017 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

October 2017 Newsletter

_____ Card File

_____ Computer



Fond du Lac Senior Center

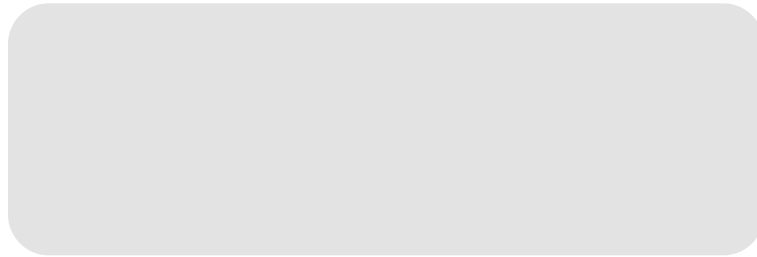
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cloomans@fdl.wi.gov

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Mary Schneider 322-3635

BOOKKEEPER

Pat Heyer 322-3639

PROGRAM/OUTREACH COORDINATOR

Sarah Docter 322-3641

CARETAKER

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MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising contents, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.